DANSALAN LADIES' AID

COOKBOOK

by

The Ladies' Aid Society

of the

UNITED CHURCH OF CHRIST
IN THE PHILIPPINES
Dansalan City

- ✣ -

Margaret J. Hamm
Editor

AMERICAN BOARD OF COMMISSIONERS FOR FOREIGN MISSIONS

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The Ladies' Aid Society
of the
UNITED CHURCH OF CHRIST
IN THE PHILIPPINES
Dansalan City

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FOREWORD

The Ladies' Aid Society of the Church of Christ in Dansalan City has collected these recipes from among ourselves. That is, this is a collection of our favorite recipes, each carefully analyzed and carefully prepared so that all measurements will be exact.

The recipes in this collection are of miscellaneous origin; some are a little Spanish, some are American, some are Chinese, and probably some are almost entirely Filipino; a mixture, just as the citizens of the Philippinee are anthropologically a mixture of these races.

This book has a three-fold purpose; (1) to bring; in inexpensive form, recipes for nutritious and interesting foods to our neighbors; (2) to give our American friends better understanding of us, by knowing some of the things we eat; and (3) to help our Church.

Many of us know how to cook, by guess, things which we learned as children watching our mothers. Now we need to broaden our outlook and learn to cook new things. Perhaps your neighbor makes very fine Palitao; but if you ask her for a recipe, she may see to you, "Well, first I take some malagkit rice and soak it over night, then I grind it." You say, "How much rice do I use?" And she answers, "I don't know. It depends on how much you want to make. I just do it by feel!" How many of us have had experiences like that! So we have prepared recipes which you can use, with accurate measurements. If you follow the measurements exactly, your food will be the same every time you cook it.

The ladies of this Church have been helped many times by friends in America. Now, to promote better understanding between our two countries, we offer this collection to you. First let me say that I know Americans will not be able to find all the ingredients in all the recipes, but you will be able to try enough of our dishes so that we can become a little better acquainted. As you will see, upon reading this book, there is already much American influence in our cooking. We know something about America by knowing what kind of food you eat; now you can know more about the Philippines.

I suggest to American readers that you try the following recipes first:

Chicken with soy sauce..... 39
Cabbage 52
Bamboo shoot salad ..... .41 (using canned bamboo shoot and powdered ginger if no fresh ginger is available)
Spanish custard 21

Serve this dinner with hot rice and coffee or cocoa. Don't

be afraid to use the garlic with the chicken. Well-browned garlic is not strong, but is like any other spice. If you can get fresh coconuts in the market, be sure to try some of the dishes which use coconut milk.

This is the way to make coconut milk. Here, we use a special grater with which the coconut meat is grated right from the shell, but you may use vegetable grater. First you will have to let the water out of the shell. (This is not the milk!) Then remove the meat from the shell, and, peeling off the brown skin, grate as you might grate carrots. Or you might grind the coconut meat through a meat grinder. Now we are ready to make the coconut milk. Squeeze the grated coconut well, then add a cup of water and squeeze a again; pour of fthe creamy liquid. This will be quite thick and is sometimes called coconut cream. A second squeezing may now take place; add a cup of water again, and squeeze. This milk is much thinner, and is generally used to cook while the thicker cream is added at the last minute. One coconut will make as much as three cups of coconut milk. Now you are ready to try Squash with coconut milk on page 56, which is one of my favorite recipes.

It is the intention of the Ladies Aid Society, that any gain from the sale of this book will go to the Church. Any women's group of a church, such as a Dorcas Society, will receive a discount so that that society, too, may be able to contribute something to its Church.

The following members of the Ladies Aid Society of the Church of Christ in Dansalan City, have acted as members of the Cookbook Commettee:

Mrs. Quintina C. Simangan, President
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As contributors, and for the work which they have done in the preparation of this book, they deserve special thanks.

Margaret J. Hamm

GLOSSARY OF FOOD TERMS

Bamboo Shoots - Tender young shoots of the bamboo used for food.

Banana blossom - Bud of the banana plant used for salads.
balulan - A table banana much like the variety eaten in America.
saba - A banana used for cooking.

Bangala or Casava - A tropical plant, the root of which, when cooked, is edible.

Camote - Sweet potato.

Camote tops - Tender young leaves of the sweet potato, used for vegetables. Spinach may be substituted.

Cinnamon leaves - Leaves of cinnamon tree, used for flavoring.

Coconut, grated - Meat of the coconut which had been grated. Dried and packaged coconut may be substituted in some of these recipes.
milk - The milk-like juice extracted from freshly grated coconut. To prepare, see the foreword, on page vii.
young - The soft gelatinous meat of an immature coconut, probably unavailable in America.

Dalag - A fresh-water fish.

Eggplant - Usually ours are long and thin, perhaps 1½ to 2 inches in diameter. The first two recipes on page 54 may substitute American eggplants with no difficulty.

Garlic - A pungent bulbous herb used for flavoring. (Do not be afraid to use it in these recipes!)

Ginger - An aromatic root used for flavoring. Ginger-root may pe purchased in some Chinese stores in America. Powdered ginger may be substituted, but reduce the quantity.

Jackfruit - Somewhat resembles breadfruit. A large fruit with a prickly rind which is eaten raw when ripe, or cooked when immature.

Lemoncito - A tiny round lemon. To substitute lemon, use half as much, for the lemoncito is not as strongly flavored.

Lunga - Sesame seeds. Flattish seeds used for flavoring or as a garnish for biscuits etc.

Malagkit rice - A glutinous variety used for desserts.

Mango - A juicy fruit with a center stone; like a particularly pungent peach in flavor.

Pako - An edible fern-like plant.

Pancit - An adaptation of a Chinese recipe, containing noodles, bits of meat, shrimps and vegetables. Unless you are using Chinese noodles which are pre-cooked, boil the noodles before adding them to the meat and vegetables.

Patis - A sauce prepared from salted fish; used for flavoring vegetables and meat dishes.

Papaya - A melon-like fruit, used as a fruit when ripe, or as a salad when green.

Pechay - A variety of leafy vegetable sometimes called Chinese green cabbage. Swiss chard is the best substitution.

Pilinuts - An edible, very oily nut, used for candy. Brazil nuts may be substituted.

Rice bran, Tikitiki - Bran of polished rice which is very high in Vitamin B, and used for prevention of beri-beri.

Sayote - A succulent vegetable which grows on a vine; similar to squash.

Scallions - Substitute green onions.

Shortening - Edible oil, such as Purico, Venus, Manteca. Margarine may be substituted in cake and cookie recipes.

Soy Sauce or Toyo - A salty sauce made from soybeans.

Tomatoes - The variety in the Philippines is quite small; substitute one American tomato for every two.

Tomato Sauce - Canned, such as Del Monte, or Hunt's.

White Squash, Candol - Summer Squash may be substituted.

Whole milk - Half evaporated milk and half water.

TABLE OF MEASUREMENTS

K ..... Kilo; 2 2/10 pounds

½K ..... Half kilo; 1 1/10 pounds

C ..... Cup

T ..... Tablespoon

t ..... Teaspoon

1 cup equals 16 T
¾ cup " 12 T
⅔ cup " 10 T and 2 t
½ cup " 8 T
⅓ cup " 5 T and 1 t
¼ cup " 4 T
3 t " 1 T

YEAST BREADS

WHITE BREAD

2 T dry granular yeast
¼ C lukewarm water
¼ C sugar
4 t salt
4 C milk, scalded
2 T margarine, melted
12 to 14 C flour

Soak yeast in lukewarm water; add sugar and salt. Melt the margarine in the scalded milk. Mix in about half of the sifted flour and beat well. Add as much more flour as needed to keep dough from sticking to the hands. Turn unto a floured board and knead until smooth, from 8-10 minutes.

Place in greased bowl, greasing top of dough; let it rise until double in bulk (about 2 hours). Knead again and let it stand ten minutes. Form into four loaves and place in greased tins. Let rise again until doubled and then bake in a moderately-hot oven for 40 to 45 minutes. Bread is done when it shrinks from pan and sounds hollow when tapped.

OATMEAL BREAD

1 T dry granular yeast
¼ C lukewarm water
2 C rolled oats
2 t salt
⅓ C dark brown sugar
1 T margarine
2 C boiling water
4½ C flour

Soften the yeast in lukewarm water. Mix rolled oats, salt and brown sugar; add margarine; stir in boiling water. Cool to lukewarm, then add to the softened yeast. Gradually add flour to make a smooth stiff dough. Knead on a lightly floured board until smooth. Place ball of dough in a greased bowl and cover, to rise until double in bulk. Knead again and divide in ½; let stand 10 minutes. Shape each ½ into loaf; place in greased loaf pans. Cover; let rise until double in bulk. Bake in moderately hot oven 50 to 60 minutes.

RICE BRAN BREAD

1 T dry granular yeast
1 t salt
2 T sugar
1½ C lukewarm water
2 T melted margarine
4½ C wheat flour
½ C rice bran

Dissolve the yeast, salt and sugar in the lukewarm water. Add the melted margarine. Sift the flour and mix well with the rice bran. Add to yeast mixture and knead until smooth. Place in a greased bowl and cover until double in bulk, about an hour and a half. Knead again and form into loaf shape. Place in a greased loaf pan and let rise again until double in bulk. Bake in a moderately hot oven 25 to 30 minutes.

CINNAMON ROLLS

1 T dry granular yeast
¼ C lukewarm warm water
2 T sugar
1 t salt
1 egg, beaten
1 C milk, scalded
2 T margarine
3½ C flour

Soften the yeast in the lukewarm water; add sugar and salt, then beaten egg. Add the scalded milk and melted margarine. Add half the flour and beat well. Add remaining flour to make a soft dough. Knead on a floured board until smooth; let rise in a greased bowl until doubled in bulk. Turn onto a floured board and roll ⅓ inch thick. Spread with melted margarine and sprinkle with sugar and cinnamon. Roll up like a jelly-roll and cut in slices 1 inch thick. Place in a greased cake tin and let rise until doubled. Bake in a moderately-hot oven for 25 minutes. Makes 16 rolls.

HOT CROSS BUNS

1 T dry granular yeast
¼ C lukewarm water
1 C milk, scalded
2 T margarine
1 egg, beaten
2 T sugar
1 t salt
3½ C flour
½ t cinnamon
¼ C raisins
¼ C candied fruits

Soften the yeast in lukewarm water. Melt margarine in scalded milk; cool to lukewarm and add to yeast. Add sugar to beaten egg and beat until light; add to yeast mixture. Sift salt, flour and cinnamon; add half to yeast mixture and beat until smooth. Add raisins and candied fruits cut fine. Add rest of flour and knead until smooth. Place ball of dough in greased bowl and let rise, covered, until double in bulk. Turn out and form into buns. Brush tops with slightly beaten egg white. Let rise until light. Using scissors, snip tops at right-angles to form a cross. Bake in a moderately-hot oven, 25 to 30 minutes. While hot, brush lightly with Confectioners Frosting. Cool, then fill in cross with more frosting. Makes 1½ dozens. Traditional Good Friday fare in Ireland.

QUICK BREADS

BAKING-POWDER BISCUITS

2 C flour
½ t salt
3 t baking powder
4 T shortening
¾ C milk

Sift flour, salt and baking powder; cut in shortening with two knives until mixture resembles coarse crumbs. Add milk all at once and mix just until dough sticks together. Do not overmix. Turn onto a lightly floured board; knead gently for ½ minute. Pat gently to ½ inch thick and cut with floured biscuit cutter. Bake on ungreased cooky sheet in a hot oven for 12 to 15 minutes. Makes 16 medium-sized biscuits.

MUFFINS

2 C flour
2 T sugar
3 t baking powder
½ t salt
1 egg
1 C milk
¼ C melted shortening

Sift together the flour, sugar, salt, baking powder. Beat the egg; add the milk and melted shortening. Add to the dry ingredients, stirring just enough to moisten. Fill greased muffin pans ⅔ full. Bake in a hot oven for 25 minutes. Serve hot. Makes twelve large muffins.

RICH MUFFINS

¼ C margarine
⅓ C sugar
2 eggs
2 C flour
3 t baking powder
1 t salt
⅔ C milk

Cream together shortening and sugar. Beat eggs and add. Sift together flour, baking powder and salt; add alternately with the milk to the creamed mixture. Fill greased muffin pans ⅔ full. Bake in a hot oven for 25 minutes.

CORN BREAD

1 C flour
1 t salt
3 t baking powder
2 T sugar
¾ C corn meal
2 eggs, beaten
1 C milk
¼ C melted margarine

Sift flour, salt, baking powder and sugar; mix with corn meal. Combine eggs, melted margarine; add to dry ingredients and beat until smooth. Bake in a greasd 9 inch square tin in a moderately hot oven for about 20 mintes. Cut into squares and serve hot.

COFFEE CAKE

¼ C margarine
1 C sugar
1 egg, beaten
1½ C flour
¼ t salt
1 t baking powder
½ C milk

Cream margarine and sugar; add beaten egg. Add the sifted dry ingredients alternately with the milk. Pour into a greased square tin and top with the following mixture:

6 T flour
¼ C brown sugar
½ t baking powder
2 T margarine

Blend the flour, sugar and baking powder; cut in the butter to make very fine crumbs. Sprinkle over the cake. Bake coffee cake in a moderate hot-oven, 40 to 50 minutes.

GRIDDLE CAKES

2 C flour
2 T sugar
½ t salt
3 t baking powder
2 eggs
1¼ C milk
¼ C melted shortening

Sift together the flour, sugar, salt and baking powder. Beat eggs; add milk. Combine eggs and milk with sifted dry ingredients and mix smooth. Add melted shortening. Drop by spoonfuls on a hot griddle or frying pan, spreading thin. Bake, turning to brown on both sides.

RICE BRAN MUFFINS

1½ C flour
½ t salt
4 t baking powder
½ C rice bran
½ C brown sugar
2 eggs
1 C milk
¼ C melted margarine

Sift together the flour, salt and baking powder; add the rice bran and sugar and mix well. Beat the eggs; add milk and melted margarine. Add to the dry ingredients, stirring just enough to moisten. Bake in greased muffin pans in a hot oven for 15 minutes. Makes 1½ dozens.

CANDIES

BOCAYO

2 coconut, grated
3 C Brown sugar
2 T flour.

Add a little water to the brown sugar and cook until a thick sirup forms. Add the grated coconut and continue cooking until the sirup is almost absorbed. Then stir in the flour and cook about two minutes more. Spread candy in a flat pan and allow to cool.

BROWN SUGAR FUDGE

3 C brown sugar
1 C evaporated milk
1½ T margarine
1½ t vanilla

Combine sugar and evaporated milk. Cook slowly, stirring constantly, until mixture boils. Boil slowly, stirring occasionally, to soft-ball stage. Remove from heat; add margarine without stirring. Cool to lukewarm. Add vanilla; beat until mixture holds shape and has creamy consistency. Pour into greased pan. Cool; cut in squares.

CANDIED ORANGE PEEL

Peel of 6 large oranges
1 T salt
4 C water
3 C sugar
hot water

Choose peals that are clear and orange in color. Cover peel with salt and water; weight down with plate and let stand overnight. Drain and wash thoroughly. Cover with cold water; bring to boiling. Repeat three times, changing water each time Cut peel in ¼-inch strips with scissors; measure 3 cups. Add sugar and enough hot water to cover the peel. Cook slowly until peel is translucent. Drain; roll in granulated sugar and dry on rack.

COCOA FUDGE

1 C sugar
1 C brown sugar
1 C cocoa
⅔ C evaporated milk
6 T margarine
1 t vanilla

Blend the sugars and cocoa until well mixed and no lumps appear. Add the milk, ⅓ cup first to make a paste, then the rest. Cook over low heat, stirring constantly until it boils. Boil slowly, stirring occasionally until small quantity dropped into cold water forms a soft ball. Remove from heat; add margarine without stirring. Cool to lukewarm. Add vanilla; beat until fairly thick and pour into a greased pan. Cool; cut in squares.

COCONUT BALLS

1 coconut, grated
2 C sugar
½ C water
3 T flour
1 t flavoring

Make a heavy sirup of the sugar and water in a heavy skillet. Add the grated coconut and stir until well mixed. Sprinkle on the flour, mix well; add flavoring and mix again. Cook until quite thick, stirring well. Remove from heat and cool slightly. Form into small balls.

SWEET POTATO FUDGE

6 medium camotes, or sweet potatoes
2 C peeled pilinuts
(grated coconut may be
substituted for pilinuts)
4 C sugar.

Grind the camote and the pilinut together. Add sugar to the ground mixture and place in a pan over a slow fire stirring continuously. When the mixture is thick, pour out on a well greased cutting board and roll with a well greased rolling pin. Cut into squares.

PEANUT BRITTLE

2 C sugar
1 t soda
2 C roasted and shelled peanuts

Melt sugar in a heavy kettle or frying pan (do not add water!). When sugar is melted add the soda, then the peanuts. Reduce heat and continue stirring until thoroughly mixed. Pour on greased board and roll with a greased rolling pin to flatten. Cut into pieces 1 inch square. Work quickly for the candy becomes brittle soon.

PEANUT CANDY

1 C white sugar
3 T water
½ t soda
3 C roasted and shelled peanuts

Boil sugar with water until it makes a thick syrup which spins a thread. Add the soda and follow immediately with the peanuts. Stir constantly for three minutes, then remove to greased sheet. Peanuts will separate when cold.

PEANUT ROLL

2 C granulated sugar
1 C brown sugar
½ C corn sirup
1 C evaporated milk
1½ C roasted, chopped peanuts (not too fine)

Combine sugars, corn sirup and evaporated milk: cook, stirring only until sugar dissolves, to soft-ball stage. Cool, without stirring, until lukewarm; beat until mixture holds its shape. Cool and knead until firm. Shape into two 1½-inch rolls; roll in peanuts, pressing nuts firmly into candy. Chill and slice ½-inch thick.

PEANUT PRALINES

2 C firmly packed brown sugar
¼ C water
2 C peanuts
¼ C margarine

Combine sugar, water and margarine. Cook slowly, stirring constantly until mixture boils. Add peanuts. Boil slowly, stirring constantly, until mixture forms a firm ball when dropped into cold water. Remove from heat. Drop by tablespoons on waxed paper, making patties about 3 inches across.

SALTED PEANUTS

Blanch the peanuts by soaking in hot water; remove the skins and drain.

Fry blanched peanuts in deep hot fat until light brown; drain and sprinkle with salt.

TAFFY

2 C brown sugar
¼ C water
2 T vinegar
½ t soda

Combine sugar and water and cook, stirring only until sugar dissolves, to very hard ball stage. Pour into greased shallow pan. When cool enough to handle, pull with greased hands, until light. Cut with scissors or break into pieces.

VANILLA FUDGE

2 C sugar
1½ C evaporated milk
¾ C water
¼ t salt
1 t vanilla

Combine sugar, water, evaporated milk and salt. Cook slowly, stirring constantly, until mixture boils. Boil slowly, stirring occasionally, until soft-ball stage. Remove from heat. Cool to lukewarm. Add vanilla; beat until mixture thickens and loses gloss. Pour into greased pan 8 x 8 x 2. Cool; cut in squares.

CAKES AND COOKIES

BANANA CAKE

Make flour from green cooking bananas; peel and slice as thin as possible, then dry until brittle. Grind into flour; Sift 3 or 4 times until as fine as wheat flour.

⅓ C shortening
1 C sugar
2 egg yolks
2 C banana flour
2 t baking powder
1¼ C milk
2 egg whites, stiffly beaten

Thoroughly cream the shortening and sugar; add the egg yolks and beat well, the sifted dry ingredients alternately with the milk; beating after each addition. Fold in the stiffly beaten egg whites. Pour into a greased pan, bake in a moderate oven until golden brown. Cool, and ice as desired.

BANGALA OR CASAVA BIBINGKA

2 C bangala flour,
1⅓ C sugar
½ C coconut milk
⅓ C sugar
2½ C coconut milk

To make bangala or casava flour, slice the roots and dry well. Then grind and sift until as fine as wheat flour.

Mix the bangala flour and the 1⅓ C sugar, then add the 2½ C coconut milk. Bake in a pan lined with banana leaves in a moderate oven for 15 minutes. Mix remaining coconut milk and sugar and spread over half-baked bibingka. Bake for 15 minutes more, or until nicely browned.

BIBINGKA

2 C malagkit flour
1 C sugar
1½ C coconut milk

Mix the flour, sugar and coconut milk thoroughly. Bake in tin which has been lined with banana leaf for 30 minutes in a hot oven. Mix 5 tablespoons of coconut milk and 5 tablespoons of sugar. Spread sirup on top of cake three times during the baking.

BIRTHDAY CAKE

1 C shortening
1 C sugar
4 egg yolks
2½ C flour
3 t baking powder
¼ t salt
⅔ C milk
1 T lemon juice
2 egg whites, beaten stiff

Cream the shortening and sugar thoroughly; add egg yolks one at a time and beat well after each addition. Add the sifted dry ingredients alternately with the milk, mixing well after each addition. Add the lemon juice; fold in the stiffly beaten egg whites. Bake in two wax-paper-lined cake tins for about 30 minutes in a moderate oven.

Frost with boiled icing tinted yellow and flavored with lemon. Decorate with candles.

DEVIL'S FOOD CAKE

1 C whole milk
1 T vinegar
½ C shortening
2 C brown sugar
2 eggs, beaten
3 oz. baking chocolate
½ C hot water
½ t salt
1 t soda
2 C cake flour
1 t vanilla

Combine milk with vinegar and set aside.

Thoroughly cream the shortening and sugar; add eggs and vanilla, and beat until fluffy. Melt the chocolate in the hot water, blend and cool slightly. Add to creamed mixture. Add sifted dry ingredients alternately with soured milk, beating well after each addition. Pour into greased layer pans lined with waxed paper, and bake in a moderate oven 30 to 35 minutes.

GINGERBREAD

½ C shortening
½ C sugar
½ C dark brown sugar
1 egg
2½ C flour
1 t baking soda
½ t cinnamon
½ t cloves
1 t ginger root, chopped
½ t salt
½ C milk

Cream together the shortening and sugars; add the egg and beat until fluffy. Sift together the flour, soda cinnamon, cloves and salt. Add the ginger root which has been chopped very fine. Add dry ingredients alternately with milk to the creamed mixture. Bake in a greased pan for about 45 minutes, in a moderate oven.

GOLDEN CAKE

½ C shortening
2 C sugar
4 egg yolks
1 t vanilla
3 C flour
¼ t salt
3 t baking powder
1 C milk
4 egg whites, beaten stiff

Thoroughly cream the shortening and sugar. Add the egg yolks and vanilla; beat well. Add the sifted dry ingredients alternately with the milk. Fold in the egg whites. Pour into three 8-inch layer cake pans which have been greased and lined with wax paper. Bake in a moderate oven for 30 minutes or until done.

LADY BALTIMORE CAKE

⅔ C shortening
2 C sugar
3 C flour
¾ t salt
1 C milk
1 t vanilla
7 stiffly beaten egg white
3 t baking powder

Cream the shortening and sugar thoroughly. Add the sifted dry ingredients alternately with the milk. Add vanilla; fold in the eggwhites. Bake in wax-paper-lined pans and bake 30 minutes in a moderate oven.

Put layers together with Baltimore Filling and frost with Seven-minute-Frosting tinted pink. Decorate with fresh flowers, around the base of the cake plate.

LORD BALTIMORE CAKE

1 C shortening
1¾ C sugar
7 egg yolks
3¼ C flour
¼ t salt
1 t soda
2 t baking powder
1 C milk
1 t lemon extract

Cream the shortening and sugar thoroughly. Add egg yolks, one at a time, beating well after each addition. Add the sifted dry ingredients alternately with the milk. Add the flavoring. Bake in wax-paper-lined pans 35 to 40 minutes in a moderate oven.

Put layers together with Baltimore Filling and frost with Seven-minute-Frosting. Decorate with candied cherries.

NO EGG CAKE

2 C cake flour
2 t baking powder
1 t soda
½ C cocoa
½ C melted margarine
1 C sweetened condensed milk
⅔ C water
1 t vanilla

Sift flour together with baking powder, soda and cocoa. Add milk, melted margarine, water and vanilla. Beat thoroughly using a rotary beater. Pour into a greased rectangular pan and bake in a moderate oven 30 to 35 minutes

PINEAPPLE CAKE

½ C butter
½ C sugar
2 egg yolks
1 C chopped fresh pineapple
2 C flour
1 t baking powder
½ t soda
½ t salt
2 egg whites, stiff

Cream butter and sugar thoroughly. Add the egg yolks, one at a time and beat until well blended. Add the chopped pineapple well drained. Fold in the sifted dry ingredients, mixing well. Fold in stiffly beaten egg whites. Bake in a round loaf pan in a moderate oven for about one hour. Cool and frost with pineapple icing.

PINEAPPLE UPSIDE-DOWN CAKE

3 T margarine
½ C brown sugar, firmly packed
pineapple slices
½ C margarine
½ C sugar
1 egg, beaten
1½ C flour
1½ t baking powder
½ t salt
½ C milk
½ t vanilla

Melt the 3 T margarine and the brown sugar;

spread in the bottom of a cake tin. Arrange slices of pineapple on the sugar mixture.

Cream the shortening and sugar until fluffy; add the beaten egg and mix well. Add the sifted dry ingredients alternately with the milk, mixing well after each addition. Add the vanilla. Pour batter over pineapple slices; bake in moderate oven about 50 minutes. To serve, turn cake up side-down on a cake plate and serve while warm.

SHADOW CAKE

- ⅓ C shortening
- 1 C sugar
- 1 egg, beaten
- 1½ C flour
- 1 C cornstarch
- 2½ t baking powder
- ¼ t salt
- 1 C milk

Cream the shortening and sugar thoroughly; add the egg and beat well. Add the sifted dry ingredients alternately with the milk, mixing smooth after each addition. Pour into a well greased square pan and bake in a moderate oven about 30 minutes.

When cool frost top and sides with vanilla icing, and decorate with chocolate icing.

SWEET POTATO GINGERBREAD

- 1 C flour
- 1 t soda
- 2 t baking powder
- ½ t salt
- 1 t ginger
- ½ C shortening
- 1 C mashed sweet potatoes
- 2 eggs
- ½ C molasses

Sift the dry ingredients. Cream together the shortening and sweet potatoes until well mixed. Beat in the eggs, one at a time. Add the sifted dry ingredients alternately with the molasses. Blend well. Pour batter into a square pan and bake 55 minutes in a moderate oven.

BRAN APPLESAUCE COOKIES

- 1½ C sifted flour
- 1 t cinnamon
- ½ t nutmeg
- ½ t cloves
- ½ t salt
- ½ C shortening
- 1 C sugar
- 1 egg, beaten
- 1 t soda
- 1 C sweetened applesauce
- 1 C raisins
- 1 C shredded bran

Sift together the dry ingredients and spices. Cream shortening and sugar thoroughly; and egg and beat well. Mix soda and applesauce; add alternately with dry ingredients to the creamed mixture. Add raisins and shredded bran. Drop by teaspoon on greased baking sheets, about 2 inches apart to allow for spreading. Bake in a moderate oven 15-20 minutes. Makes about 3 dozen.

BROAS, or LADIES FINGERS

- 3 eggs, separated
- 6 T sugar
- 6 T flour

Beat the egg whites stiff, then add the sugar one tablespoonful at a time. Beat the egg yolks until thick and fold into the egg-white mixture. Fold in the sifted flour a little at a time.

Place batter in a pastry bag and press into oblong shapes. Sprinkle with additional sugar. Bake 15 minutes at 375°F., or moderate oven.

DOUGHNUTS

- 2 T shortening
- 1 C sugar
- 2 eggs, well beaten
- 1 C whole milk
- 3¾ C flour
- 5 t baking powder
- 1¼ t nutmeg
- 1 t salt

Cream shortening and sugar; add eggs and beat well. Add milk, then dry ingredients which have been sifted together. Roll on lightly floured surface ½ inch thick, or a little less. Cut with floured cutter; let stand 15 minutes; fry in deep hot fat until brown, turning once. Drain on absorbent paper. Makes 3 dozen.

SESAME-SEED CRULLERS

1 egg, well beaten
⅓ C sugar
1 T melted shortening
⅓ C milk
1⅔ C flour
½ t salt
2½ t baking powder
sesame seeds (lunga)
deep fat for frying

Add the sugar slowly to the beaten egg and continue beating until light. Add the melted shortening and the milk, then the sifted dry ingredients. Roll on a lightly floured surface ⅛ inch thick and cut with small round cutter about 1½ inches across. Roll each cruller in sesame seeds; fry in deep hot fat until brown, turning once. Drain on absorbent paper. Makes one dozen small crullers.

BROWNIES

½ C margarine
½ C cocoa
2 eggs, well beaten
1 C sugar
¾ C cake flour
¼ t salt
½ t baking powder
½ C nut meats, broken
1 t vanilla

Melt the margarine; add the cocoa and blend until smooth. Add the sugar slowly to the beaten eggs and continue beating until thick. Add the vanilla and cocoa mixture which has been cooled. Beat smooth. Add the sifted dry ingredients and beat until smooth. Stir in the broken nut meats. Pour into wax-paper lined 8 inch square pan. Bake in a moderate oven about 35 minutes. Cut in bars 1 x 2. Makes 32 pieces.

COCONUT COOKIES

½ C shortening
1 C brown sugar
1 egg
¼ C whole milk
2½ C flour
¼ t salt
3 t baking powder
2 C grated coconut
½ t vanilla

Thoroughly cream the shortening and sugar; add the egg and beat well. Add the sifted ingredients alternately with the milk and vanilla. Add the grated coconut. Drop by teaspoon onto greased baking sheet and bake in a moderate oven about 15 minutes.

OATMEAL COOKIES

1 C shortening
1 C sugar
2 eggs, beaten
½ C milk
1 C flour
1 t baking powder
1 t cinnamon
½ t nutmeg
½ t salt
1 C rolled oats
1 raisins
1 cup chopped nuts

Cream the shortening and sugar; add beaten eggs with milk. Sift flour, baking powder spices and salt; mix with oats. Add dry ingredients to creamed mixture; mix well. Add raisins and nuts; mix. Drop by teaspoons on greased cookie sheet. Bake in a moderate oven for 20 minutes. Makes 30 cookies.

OATMEAL CRISPIES

1 C shortening
1 C brown sugar
1 C granulated sugar
2 eggs, beaten
1 t vanilla
1½ C flour
1 t salt
1 t soda
3 C rolled oats
½ t chopped nuts

Cream the shortening and sugars thoroughly. Add eggs and vanilla; beat well. Add sifted dry ingredients; mix well. Add rolled oats and nuts. Shape into long thin rolls; wrap in waxed paper and chill overnight. Slice ¼ inch thick; bake on an ungreased cookie sheet in a moderate oven for 10 minutes. Makes 5 dozen cookies.

SOUR-MILK COOKIES

1 C undiluted evaporated milk
1 T vinegar
1 C shortening
2 C sugar
3 eggs, beaten
1 t vanilla
5 C flour
1 t salt
3 t baking powder
½ t soda
½ C sugar
1½ t cinnamon

Combine the milk with the vinegar and set aside to sour. Thoroughly cream the shortening and sugar; add eggs and beat well; add vanilla. Add the soured milk to the creamed mixture. Sift flour, salt, soda and baking powder together, then add to creamed mix. Drop by

teaspoon onto greased baking sheet.

Grease the bottom of a small glass and dip into mix- ture of sugar and cinnamon. Press each cookie flat, dip- ping each time into cinnamon and sugar. Bake in a moderate oven for about 15 minutes.

BALTIMORE FILLING

white of 1 small egg
½ C sugar
5 t water
few drops vanilla
¼ C chopped raisins
¼ C candied cherries
¼ C chopped nuts

Place egg white, sugar and water in the top of a double-boiler; mix thoroughly. Cook, beating constantly with a rotary beater until mixture forms peaks, about seven minutes. Remove from heat and add vanilla and all chopped fruits and nuts. Beat well with a spoon until of a spreading consistency. Spread between layers of either Lady or Lord Baltimore cake.

BOILED ICING

1 C sugar
½ C water
¾ t vanilla
1 t vinegar
2 egg whites

Boil together sugar, water and vinegar until sirup spins a long thread when dropped from tip of spoon. Beat egg whites stiff; gradually add sirup, beating constantly with a rotary beater, until icing holds shape. Add flavor- ing. Makes enough to fill and frost two 8" cake layers.

COCOA ICING

1 C sugar
1½ T cornstarch
3 T cocoa
½ t vanilla
dash of salt
½ C boiling water
4½ T butter

Mix together the sugar, cornstarch, cocoa and salt. Add the boiling water and mix until smooth. Cook until mixture thickens. Remove from the heat; add butter and vanilla. Spread on cake while hot for a glossy icing which is soft and smooth.

CONFECTIONERS' FROSTING

1 C confectioners' sugar
dash of salt
milk
vanilla

Add enough milk to the confectioner' sugar to make of spreading consistency. Add salt and flavoring.

PINEAPPLE ICING

2 C confectioners sugar
3 T fresh pineapple juice

Sift the sugar. Add the juice slowly, beating until smooth and creamy.

SEVEN-MINUTE-FROSTING

2 egg whites
1½ C sugar
⅓ C water
dash of salt
1 t vanilla

Place all the ingredients except vanilla in the top of a double-boiler; mix thoroughly. Cook, beating constantly with a rotary beater until the mixture forms peaks. Re- move from heat; add vanilla; continue beating until of a spreading consistency.

SWEET POTATO FROSTING

¼ C butter or margarine
¼ t cinnamon
¼ t allspice
dash of salt
1 T molasses
⅓ C mashed sweet potato
1½ C sifted confectioners sugar

Cream together the butter, spices and salt. Add the molasses and sweet potato, and beat well. Gradually add the confectioners sugar, beating well after each addition. Spread on cooled gingerbread.

DESSERTS AND PASTRY

AMBROSIA I

1 large orange
4 bananas (balulan)
1 C sugar
2 C grated coconut

Peel the orange and remove all filaments. Peel the bananas and slice. Mix fruit with the sugar and coconut, saving a little coconut to decorate the top. May be served with cookies. Serves 6.

AMBROSIA II

1 coconut, young
6 juicy oranges
1 pineapple
1½ C sugar

Grate the coconut. Pare the pineapple and pick into small pieces with a fork. Cover with sugar. Pare the oranges and cut into small pieces; cover with sugar. Mix the pineapple, oranges and coconut together adding the rest of the sugar. Serve chilled.

BANANA FRITTERS

6 cooking bananas, saba
1 egg, beaten
½ C flour
1 t baking powder
1 t salt
2 T sugar
½ C milk
fat for deep frying

Peel & slice cooking bananas lengthwise in half. Add sifted dry ingredients to egg, alternately with milk. Dip sliced banana into batter and fry in deep hot fat until golden brown.

COCONUT CUSTARD

Sirup
⅓ C sugar
2 T water

5 eggs
1 C sugar
2 C thick coconut milk
2 t vanilla

Make a sirup of the ⅓ C sugar and the water; pour into a custard mold (a coffee can may be used)

Beat the eggs well; add sugar and beat until well blended. Add the coconut milk and vanilla; blend. Pour custard mixture into the mold which has been lined with sirup. Cook in a double boiler for 1 hour. Cool and unmold.

FLAN De PIÑA

Sirup
¼ C sugar
1 T water

1 C pineapple juice
½ C sugar
5 eggs well-beaten

Caramelize the ¼ C sugar, add the water, and pour sirup into a custard mold.

Combine the pineapple juice and ½ C sugar, heat to boiling, then cool. Add the juice to the well beaten eggs. Pour the custard mixture into the mold which has been lined with sirup. Cook in a double boiler for about 1 hour or until firm. Cool and unmold.

SPANISH CUSTARD

Sirup
½ C sugar
1 T water

Custard
5 eggs
1½ C sugar
1 can evaporated milk
1 T vanilla

Make a thick sirup of the sugar and water, and pour into custard cups or a mold.

Beat the eggs well; add the sugar and milk and beat until the sugar is dissolved. Add the vanilla. Pour into the custard cups or mold. Steam for 30 minutes or cook 10 minutes in a pressure cooker. Cool and unmold.

BUTTERSCOTCH PUDDING

3 T cornstarch
½ C brown sugar
½ t salt

½ C cold milk
1½ C milk, scalded
3 T margarine
1 t vanilla

Mix cornstarch, sugar and salt; add cold milk and

mix until smooth. Gradually add the hot milk; add margarine. Cook in double boiler until thick; cover and cook 15 to 20 minutes more. Add vanilla; pour into mold and chill until firm.

CORNSTARCH PUDDING

3 T cornstarch
½ C sugar
¼ t salt
½ C cold milk
1½ C milk, scalded
1 t vanilla

Mix cornstarch, sugar and salt; add cold milk and mix until smooth. Gradually add the hot milk. Cook in double boiler until thick; cover and cook 15 to 20 minutes. Add vanilla; pour into molds, rinsed in cold water and chill until firm. Serve with sauce or plain.

CHOCOLATE PUDDING

3 T cornstarch
½ C sugar
¼ t salt
⅓ Cocoa
½ C cold milk
1¾ C milk, scalded
1 t vanilla

Mix cornstarch, sugar, salt and cocoa; add cold milk and mix until smooth. Gradually add hot milk. Cook in double boiler until thick; cover and cook 15 to 20 minutes. Add vanilla; pour into molds and chill until firm.

SQUASH DESSERT

4 C squash, cubed
2 C sugar
3 C coconut milk
1 t cinnamon

Cook the squash and sugar in 2 cups of the coconut milk until the squash is tender. Add the cinnamon and the rest of the coconut milk; remove from heat and serve.

BANANA PUDDING

4¼ C flour
3 t baking powder
1 t salt
1 egg
12 bananas, saba
5 T sugar
1 T lemon juice
1 C cold water

Sift the dry ingredients. Beat the egg and add the

cold water, then combine with the dry ingredients. Divide into thirds. Roll out ⅓ of the pastry quite thin and line a deep dish. Fill the dish with sliced bananas. Sprinkle with sugar and lemon juice. Roll out remaining pastry for a cover. Bake one hour in a pan of boiling water.

PUTO SPECIAL

12 eggs
2 C sugar
4 C flour
2 T baking powder
1 T lemon flavoring

Beat the eggs well, then add the sugar and continue beating. Then add the flour which has been sifted with the baking powder, and the flavoring.

Line a baking tin with manila paper, pour in the batter and steam for 20 minutes.

CASAVA BIKO

6 fresh ground casava
1 C sugar
1 grated young coconut
½ oz. dried raisins
½ C milk
½ t cinnamon
1 C sirup made from coconut milk & sugar

Mix the ground casava, sugar and grated coconut thoroughly. Add the milk, raisins and cinnamon. Line a baking pan with banana leaf or simply grease the pan. Pour the mixture into the pan. Spread sirup over the top and bake in a moderate oven. When the top is partially dry spread with sirup again and continue baking until biko is done.

PALITAO

½ ganta malagkit rice
2 C grated coconut
1 C sugar

Soak the malagkit overnight; grind fine. Form into small balls and flatten. Drop each one into boiling water and cook until it floats. Arrange on a platter. Mix grated coconut and sugar; cover platter.

DATE PUDDING

2 eggs, beaten
⅔ C sugar
⅓ C flour
1 t baking powder
1 C chopped dates
1 C chopped nuts
¼ t salt

Beat eggs and sugar until light; add sifted dry ingredients. Stir in dates and nuts. Pour into greased square pan. Cover pan with three layers of waxed paper tied on. Place on rack in large pan to steam. Steam for one hour. (Or cook in pressure cooker 15 minutes.) Serve warm with whipped cream, or ice cream. Serves six.

COCOA ICEBOX PUDDING

1 T plain gelatine
¼ C water
⅓ C margarine
½ C cocoa
½ C sugar
¼ C water
2 egg yolks, beaten
2 egg whites, beaten
1 C evaporated milk
20 broas, or lady fingers

Soften the gelatine in ¼ cup water.

Melt the margarine, then add cocoa and stir until smooth. Add the sugar and water and cook until the sugar is dissolved. Stir a little of the cocoa mixture into the egg yolks, then return all to a double boiler and cook for 2 minutes. Add the softened gelatine and stir until dissolved. Cool. Add the milk and cool until partially set, Beat well, then fold in the stiffly beaten egg whites. Pour into a bowl which has been lined with broas. Make layers of remaining broas and the custard mixture. Let stand overnight.

SNOW PUDDING

2 T unflavored gelatine
½ C lukewarm water
2 C hot water
1½ C sugar
½ C lemon juice
3 egg whites, beaten stiff

Soften gelatine in lukewarm water; dissolve in hot water. Add sugar and stir until dissolved; add lemon juice. Chill until partially set, then beat until frothy. Fold in stiffly beaten egg whites; chill until firm unmold and serve with custard sauce.

COCONUT SNOW PUDDING

2 T unflavored gelatine
(2 envelopes Knox)
½ C cold water
2 C thick coconut milk
½ C sugar
½ t vanilla
3 egg whites, beaten stiff

Soften the gelatine in the cold water. Heat the coconut milk with the sugar until the sugar dissolves, add the softened gelatine and stir until dissolved. Add the vanilla. Cool, chill until partially set; beat until frothy and fold in the beaten egg whites. Chill until firm.

LEMON SAUCE

1 T corn starch
½ C sugar
few grains salt
1 C water
2 T lemon juice
2 T margarine

Mix cornstarch, sugar and salt; gradually add water. Cook over low heat, stirring constantly until it thickens. Cook over hot water, stirring occassionally for 5 minutes. Add lemon juice and margarine. Serve hot.

BUTTERSCOTCH SAUCE

1 C brown sugar
1 C water
3 T margarine
1 C evaporated milk

Combine sugar, water and margarine; boil stirring constantly until sugar is dissolved. Gradually add sirup to evaporated milk; return to heat and quickly bring to boiling point. Serve hot or cold.

CHOCOLATE SAUCE

1 C sugar
¼ C cocoa
1 C water
1 C evaporated milk
4 T margarine
1 t vanilla

Mix sugar and cocoa, add water and cook until a

soft-ball is formed when a drop is placed in cold water. Remove from heat; add margarine. Slowly add evaporated milk, then vanilla; mix thoroughly. Cool, or may be served hot.

CUSTARD SAUCE

3 egg yolks, beaten
dash of salt
¼ C sugar
2 C milk, scalded
1 t vanilla

Combine egg yolks, salt and sugar; gradually stir in scalded milk. Cook in double boiler until custard coats spoon, stirring constantly. Remove from heat; add vanilla. Cool or chill thoroughly.

PLAIN PASTRY

Makes 9-inch double crust pie

2½ C flour
1 t salt
¾ C shortening
6 T cold water

Sift flour and salt; cut in the shortening with two knives until the crumbs resemble small peas. Add the water a tablespoon at a time, mixing and pressing ingredients with a fork. Turn onto wax paper; press pastry firmly together. Form 2 balls and chill for easy handling.

Place ball on sheet of wax paper, and cover with another sheet; roll with a rolling pin to fit 9-inch pie tin. Trim edges. Roll top crust the same way, cutting design to allow steam to escape. Place on filled lower shell and flute edges.

BANANA BISCUITS

2 C flour
4 t baking powder
1 t salt
2 T sugar
4 T butter
¾ C milk
2 bananas
juice of 1 lemon
2 T sugar

Sift together the flour, baking powder, salt and sugar

Add the butter and mix in thoroughly with a fork. Add the milk to make a soft dough. Turn onto a floured board and knead softly until smooth. Roll out ½ inch thick and cut with floured biscuit cutter.

Cut bananas in ¼ inch slices; dip in lemon juice and roll in sugar. Press a slice on top of each biscuit. Bake on greased pan in a hot oven (475°) about 20 minutes or until banana is nicely browned. Makes 16 two-inch biscuits.

COCONUT-FILLED BISCUITS

Filling

½ C grated coconut
1 cinnamon stick
1 C sugar
lemon rind
1 egg

Biscuits

½ C butter
2 eggs, beaten well
1 t vanilla
4 t baking powder
1½ C sugar
½ C milk
3½ C flour
½ t salt

Make the filling by cooking the coconut in the sugar. Add the cinnamon and lemon rind, and continue cooking. Stir a little into the beaten egg and return all to the pan and cook two minutes more.

Cream butter and sugar thoroughly. Add half of the beaten egg, the milk and vanilla. Add the sifted dry ingredients, and mix well. Roll thin on lightly floured board and cut it into rounds. Fill half of the rounds with one teaspoon of the filling and cover with remaining rounds. Brush tops with remaining egg and bake on greased baking sheet.

LEMON MERINGUE PIE

1 C sugar
¼ C cornstarch
¼ C cold water
1 C boilling water
1 T butter
½ C lemoncita juice
3 egg yolks, beaten
1 t grated rind
½ t salt
pie shell, baked

Meringue

3 egg whites
6 T sugar
1 t lemoncita juice
pinch salt

Combine sugar and cornstarch; add the cold water

and mix to a smooth paste. Add the boiling water and and cook over direct heat until clear and thick. Combine the egg yolks with the lemoncita juice and rind, and add to the cooked mixture. Cook over boiling water for 2 minutes. Add butter and salt, and cool. Pour into cooled baked pie shell.

Make meringue; add salt to egg whites; beat to stiff foam. Add sugar a tablespoon at a time, and continue beating. Add flavor and spread on filled pie. Bake in a moderate oven 12 to 15 minutes.

MANGO PIE

3 C diced mangoes
½ C sugar
4½ T cornstarch
salt
2 T butter
1 recipe plain pastry

Mix the sugar, salt and cornstarch thoroughly. Add to the diced mangoes and mix well. Place fruit mixture in pie tin lined with pastry rolled thin. Place butter over the fruit in small chunks. Top pie with pastry strips to make a "lattice" top. Bake in a moderate oven about 40 minutes.

SQUASH PIE

1½ C cooked strained squash
¾ C brown sugar
½ t salt
1 t grated ginger root
3 eggs, beaten
1¼ C evaporated milk
¾ C water
½ recipe plain Pastry
1 t cinnamon

Thoroughly combine squash, sugar, salt and spices. Add eggs milk and water. Pour into pastry-lined pie tin. Bake in a moderately hot oven for 40 minutes, or until mixture does not adhere to knife. May be served warm or cold.

MEAT, FISH AND POULTRY

AMERICAN SAUSAGE

1 K pork, lean and fat
1 t salt
1 t black pepper
1 t sage
1 t tabasco sauce

Grind or chop the fork fine.

Mix ingredients together. Shape into small patties. Place in a cold skillet, and cook over medium heat until pink color is all gone and meat is brown.

This mixture may be stuffed into casings. The morning before, take the small intestine of a pig, clean thoroughly and blow up, tying at both ends. Dry overnight. Stuff sausage in, tying at proper lengths.

CHORIZO

1 K pork, ½ lean ½ fat
1 t salt
3 small heads of garlic
1 t pepper corns
1 t pimenton
2 T vinegar

Chop the pork fine, or grind. Pound the pepper corns and the garlic, add to meat with salt, vinegar and pimenton. Stuff into casings.

CHINESE HUMBA

1 head garlic
2 T lard
1 K pork
1 K beef
½ C soy sauce
1 T Sugar
2 T vinegar
2 C water
2 T lard

Slice garlic cloves, and saute in lard until golden brown. Cut meat into pieces of fairly large size; add to frying pan and mix well. Cover and cook for 5 minutes. Stir again. Add soy sauce, sugar, vinegar and water, cover and boil until it becomes dry. Add more lard and continue cooking, stirring constantly until meat is well browned. Serve hot, garnished with raw sliced onions. Serves 8.

BEEF RICE CROQUETTES

1 C cooked beef, ground
1 C cooked rice
1 T minced onion
1 C Thick White Sauce
1 egg, beaten
1 T water
bread ceumbs
fat for deep frying

Combine ground beef, rice, onion and Thick White Sauce. Spread thin on a plate and chill. Form into croquettes. Beat the egg with the water. Roll croquettes first in egg, then in fine dry bread crumbs. Fry in deep hot fat until brown. Drain on absorbent paper.

CORNED BEEF WITH GREEN PEPPERS

1 T lard
1 clove garlic, sliced
2 tomatoes, chopped
1 medium onion, sliced
1 can corned beef
1 C sliced green pepper
salt
1 C water

Brown garlic in hot lard, then add tomatoes, onion, corned beef and water. Season to taste. Bring to a boil and add the green pepper. Cook 2 minutes more, then serve.

FRITADA

¼ K pork (fat and lean)
3 red peppers or pimento
2 C water
4 potatoes, sliced
1 T lard
2 ripe tomatoes
4 cloves garlic
salt and pepper
1 T flour

Sliced the pork thin and stew with pepper slices until tender. Add the sliced potatoes and continue cooking. Heat the lard, saute the minced garlic and pieces of tomatoe, then add to the stewed pork. Cook until tender. Season with salt and pepper. Thicken the soup with the flour which has been mixed with enough water to make a smooth paste. Serve while hot.

MEAT BALLS WITH CABBAGE (Chinese style)

Meat Balls
½ K pork, ground
2 T soy sauce
1 t sugar
1 t salt
1 T cornstarch
1 T fat

Vegetables
1 clove garlic
2 green onions (including tops)
1 large cabbage
1 C water
2 T cornstarch
2 T soy sauce
2 green peppers

Combine ingredients for meat balls and mix thoroughly. Make into small balls. Heat the fat in a frying pan, and fry balls until a deep brown on all sides. Remove meat balls from pan.

Mince garlic; cut onions into 1-inch pieces; cook slightly in frying pan. Add meat balls, cabbage and water; cook covered about 5 minutes. Combine cornstarch, soy sauce and a little water to make a paste, and add to broth for thickening. Serve immediately, with fresh rice.

MEAT BALLS IN TOMATO SAUCE

Meat Balls
1 K beef, ground
3 T oatmeal (uncooked)
1 egg beaten
1 clove garlic, minced
1 t salt
pepper
1 C evaporated milk
3 T fat for frying

Tomato Sauce
1 onion
2 green peppers
2 cans tomato sauce
1½ C water
½ t salt
1 T sugar

Mix the the ground beef with the oatmeal, egg, garlic, salt and pepper and milk. Form into balls about 1-inch in size, and brown in hot fat Remove to another plate.

Saute the chopped onion and green peppers in the same frying-pan in which the meat balls have been browned; when soft but not brown, add tomato sauce, water, salt and sugar. Add the meat balls again, and cook together for 30 minutes. Serve with cooked spaghetti or rice.

MEAT ROLL

Cut steaks into two inch strips; pound each one with a meat pounder to make it very thin. Salt and pepper each, then lay on ½ strip of bacon and some pickle. Roll up each strip and tie with a string, making up a bundle about the size of a goose egg. Baste every 5 minutes, then cook 30 minutes more without basting, at 350° F.

MENUDO

1 K liver and heart
5 potatoes
1 tomato
2 cloves garlic
2 onions, sliced
3 laurel or bay leaves
2 C vinegar
1 C water
salt
3 T fat.

Cut the liver, heart and potatoes into cubes; chop the tomatoes and mince the garlic. Heat the fat in the kettle, add the meat, garlic, onion, potatoes and bay leaves. Pour the vinegar over this; cover and cook for twenty minutes. Avoid stirring. Add the water and season to taste.

PICADILLO

2 T lard
2 cloves garlic, sliced
2 C ground meat with a little fat
1 medium onion, chopped
2 t salt
½ C tomatoes, chopped
2 hard boiled eggs
3 C water

Heat lard, then brown the garlic. Add meat, onion, tomatoes and salt and fry for 2 or 3 minutes; add water and let simmer for ten minutes. Cut hard boiled eggs in pieces and add to meat mixture. Serve immediately.

PORK WITH RAISINS

2 T lard
2 cloves garlic, minced
½ K ground pork
3 potatoes, cubed
salt and pepper
1 ounce raisins

Saute garlic in the lard, then add the ground or chopped pork. Stir well, then cover and cook until almost dry. Add the potatoes, mix well and continue cooking over a low fire until meat is done and potatoes tender. Season to taste with salt and pepper and remove from heat. Stir in the raisins and serve immediately.

STUFFED EGGPLANT

1 large eggplant
½ C cooked lean pork, chopped
1 T onion chopped
or 1 clove garlic, minced
½ C bread crumbs
1 T shortening
2 T meat broth
salt & pepper
3 C boiling water
1 T flour

Wash the eggplant and cook it in boiling salted water for 10 minutes; cool. Cut the eggplant in half lengthwise and scrape out the center, leaving sides ½-inch thick. Chop half of the pulp fine and add it to the chopped meat, onion, half the bread crumbs, the shortening, salt and pepper (to taste) and enough meat broth to make a stiff mixture. Fill the hollowed eggplant halves until nicely rounded. Cover the tops with remaining bread crumbs. Place in a frying pan; pour in the boiling water (broth may be used) and cook, covered, 1 hour. Thicken remaining soup for gravy.

ARCHONG DALAG

1 medium sized dalag
2 cloves garlic, minced
1 large onion, minced
1 T shortening
1½ C rich coconut milk
2 T vinegar
4 laurel leaves
salt

Clean the dalag very well and cut into serving pieces. Brown the garlic and onion in the shortening. Pour in the coconut milk and bring to a boil. Drop in the fish, adding the vinegar and laurel leaves. Cover and continue cooking until the coconut milk is almost reduced to oil. Brown slightly. Season with salt to taste. Serves 5.

BONED FISH

1 medium fish, scaled & cleaned
½ C meat (beef or pork)
1 onion (chopped fine)
1 green pepper, sliced length-wise
1 t salt
½ t food seasoning
1 piece of toast, powdered

Cut the back of the fish length-wise near the fin,

and remove the bones. Remove part of the meat leaving the skin intact. Grind the fish meat and mix with the ground beef or pork and other ingredients. Sew the fish part way and insert the filling, being careful not to stuff too full.

Rub the skin of the stuffed fish with shortening, and place on a greased pan. Bake in a moderate oven for 1 hour.

Garnish the platter with lettuce or shredded raw cabbage, and place fish. (May also be served cold.)

BONED FISH FRITTER

1 C boned fish meat
½ C water
2 boullion cubes
½ t salt
¼ t white pepper
½ C flour, sifted
lard for frying
1 onion, sliced thin

Dissolve the boullion cubes in the water; add salt and pepper. When it boils, drop in the pieces of boned fish; bring to a boil again.

Remove the fish from the broth and dry well. Roll in flour and fry in hot lard until brown. Arrange on a plate decorated with sliced onions. Serve hot.

CHOLETAS (FISH)

½ K fish
2 T lemon juice
1 t salt
pepper
⅛ C flour
2 eggs
fat ½-inch deep

Slice fish ⅓-inch thick by 2-inches square. Marinate in lemon juice, salt and pepper for 10 minutes. Roll each piece in flour, dip in beaten egg and fry in hot fat turning to brown both sides. Remove from fat, dip in egg and fry again, repeating several times until egg is used and a thick crisp layer is formed around fish. Serve with mayonnaise.

ESCABECHE

1 K fish
lard
2 T vinegar
sugar
1 T soy sauce
water
½ t cornstarch

Slice the fish ½ inch thick, salt and roll in flour. Fry in hot fat ½ inch deep until brown. Saute the garlic in 1 T lard, then add the onion and ginger and continue stirring. Add water, vinegar, sugar, soy sauce and salt to taste. Then add the fried fish and simmer for 5 minutes. Thicken with cornstarch and serve hot.

ESCABECHE MACAO

1 medium sized fish
fat for deep frying
2 T flour
4 T sugar
3 T soy sauce
4 T vinegar
2 C water
salt

Clean the fish and sprinkle with salt. Let stand for 10 minutes, then fry in deep hot fat until both sides are nicely browned. Set aside.

Remove all but 2 T of fat from the skillet and saute the garlic, onion, ginger and sweet pepper. Meanwhile mix thoroughly the flour and sugar; add vinegar and soy sauce, then water, being careful to avoid lumps. Pour mixture into skillet with sauted vegetables; bring to a boil and simmer for 5 minutes. Add fried fish and continue cooking for 5 more minutes. Remove fish to a platter, pour on gravy and garnish with fried potatoes.

SALMON CROQUETTES

1 can salmon
4 T milk
salt and pepper
½ C fine bread crumbs
4 eggs, beaten
fat for deep frying

Remove bones and liquid from salmon and mash. Add milk, salt and pepper; mix well. Form into balls; dip each ball into crumbs, then eggs, then crumbs again. Fry in deep hot fat until golden brown.

SALMON LOAF

1 can salmon
½ C milk
2 eggs
6 T uncooked oatmeal
2 T green pepper, minced
2 T onion, minced
½ T salt

Beat eggs then add milk. Add to salmon, then add salt, oatmeal, onion and green pepper. Mix thoroughly. Pack into a greased mold. Steam for 40 minutes, or bake in a moderate oven. May also be cooked in a pressure cooker for 10 minutes. Serve with mushroom sauce.

SALMON WITH MACARONI

1 onion, chopped
1 clove garlic, chopped
2 T fat
1 can tomato sauce
1 can Alaska salmon
4 C cooked macaroni
1 C water
salt to taste

Saute the onion and garlic in the fat until light brown; add the tomato sauce. Mix in the salmon and macaroni. Add 1 cup of water and salt, then cook for 10 minutes.

CURRIED SHRIMP AND EGGS

1 t lard
2 cloves garlic, sliced
3 T sliced onion
1½ t ginger, minced
1 C peeled shrimp
1½ C coconut milk
1 t cornstarch
2 T curry powder
½ t sugar
1½ t salt
6 hardboiled eggs

Saute garlic in hot lard; add onion and ginger. Add shrimps and stir for five minutes. Add all but 2 T coconut milk, and bring to a boil. Add curry powder, sugar and salt. Mix cornstarch in remaining coconut milk and add, cooking until thickened. Cut hardboiled eggs in half lengthwise and arrange on a platter. Pour curried shrimp over the eggs. Serve hot.

SHRIMP CROQUETTES

1 C shrimps, peeled
2 cloves garlic, chopped
1 onion, chopped
2 tomatoes, cut
2 T shortening
salt & pepper
soy sauce
5 large potatoes
1 egg, beaten
bread crumbs
1 lb. shortening

Chop the peeled shrimps. Saute the garlic, onion and tomatoes in the 2 T shortening, then add the shrimps. Season with salt, pepper and soy sauce to taste.

Boil the potatoes, peel, and mash well, seasoning to taste with salt and pepper. Form into balls the size of an egg. Place 1 teaspoonful of the shrimp mixture inside the mashed potato ball. Dip each in beaten egg, roll in bread crumbs and fry in deep hot shortening until golden brown. Serve hot.

SHRIMP FRITTERS

1½ C flour
1 t baking powder
2 t sugar
1 t salt
1 C milk
1 egg, beaten
1 T onion, chopped
1 C peeled lake shrimps
¾ C cooked pork, chopped or ground
fat for deep-frying

Sift the dry ingredients; add the milk and egg, blending well. Add the shrimps, meat and onions. Drop by tablespoon into deep, hot fat. Fry until golden brown. Serves 6.

SHRIMP WRAPPED IN CABBAGE

2 T lard
1 medium onion, sliced
2 cloves garlic, sliced
3 small tomatoes, cut
2 C shrimps, peeled
1 cabbage
2 eggs, beaten
salt & pepper to taste
fat for deep frying

Saute the onions, garlic and tomato in the 2 T lard. Add the peeled shrimp and salt and pepper.

Remove cabbage leaves, and wilt in hot water. Place 2 tablespoons of the shrimp mixture in each leaf, and wrap together. Dip each wrapping into the well beaten egg, and fry in deep hot fat.

CHICKEN ADOBO

1 cleaned & dressed chicken
⅓ K fat pork
1 head garlic, sliced
½ C vinegar
salt & pepper
cinnamon leaves
2 C water

Cut chicken into serving pieces; cut pork (should be ⅔ fat) into pieces. Mix chicken, pork, garlic, vinegar, cinnamon leaves, salt and pepper. Place in skillet with water and cook over low heat, stirring occasionally to avoid sticking. Cook until water is gone and meat nicely browned.

CHICKEN & GREEN PEA FRITTERS

1 C flour
1½ t baking powder
1¼ t salt
¼ t white pepper
2 egg yolk
2 egg whites, stiff
¼ C milk
1 C cooked chicken
1 C cooked peas, drained

Sift together the dry ingredients. Beat the egg yolk until thick; add the milk. Add to the dry ingredients and mix well. Stir in the chicken which has been cut in small pieces, and the peas. Fold in the stiffly beaten egg whites. Cook in frying pan in hot fat. Drain on paper. Serves

CHICKEN WITH PEAS AND TOMATO SAUCE

1 chicken, cleaned & dressed
3 potatoes, cubed
fat ½-inch deep, for frying
1 large onion, chopped
2 T garlic, pounded
1 head celery
1 can tomato sauce
1 C water
1 can peas
salt & pepper

Cut chicken into serving pieces, sprinkle with salt and fry in hot fat until golden brown. Remove to a platter. Fry cubed potatoes until golden brown; remove to platter. Remove all but 2 T of fat from skillet. Saute garlic and onion, then add tomato sauce and simmer 1 minute. Add water and celery which has been cut in small pieces. Bring to boiling point, then simmer until chicken is tender. Add the peas and potatoes, cook 1 minute more, and serve hot.

CHICKEN WITH SOY SAUCE

2 small chickens
4 T shortening
4 cloves of garlic
1 C soy sauce
2 T sugar
4 T vinegar
3 C water
2 T shortening

Slice garlic and saute in shortening until golden-brown. Using only the meaty parts of the chickens, cut them into serving pieces. (Save the back and neck for soup). Add the chicken to the hot shortening and quickly stir. Then add the soy sauce, sugar, vinegar and water. Cover and cook about 20 minutes. Remove cover and continue cooking until liquid is gone and meat nicely browned. Add more shortening if necessary. Serve hot. Serves 12.

FRIED CHICKEN I

1 chicken, cleaned & dressed
1 t food seasoning
salt and pepper
1 C flour
2 C lard or shortening
1 C water

Cut the chicken into serving pieces; season with salt, pepper and food seasoning. Roll pieces in flour and fry in deep hot lard until golden brown. Remove all but 2 tablespoons of lard from the skillet; add water, cover and cook for 20 minutes, or until tender. Serve hot.

FRIED CHICKEN II

2 frying chickens
1 C flour
salt & pepper
1 C flour
4 T lard
4 T butter

Cut chickens into halves or quarters; dry each piece well. Combine flour, salt and pepper in a paper bag. Add pieces of chicken and shake so that each piece is coated with flour. Heat lard and butter in a large skillet and fit chicken in, placing meatiest pieces in the center. Brown slowly on both sides; cover pan and cook slowly for an hour or until chicken is tender and well cooked.

STEAMED WHOLE CHICKEN

1 chicken, cleaned and dressed.
2 T ginger root, minced
4 cloves garlic
1 T salt
2 medium onions, chopped
2 C potatoes, cubed
2 hardboiled eggs
gizard and liver of chicken

Mash the ginger, garlic and salt together; rub the chicken inside and out with the mixture. Combine potatoes, onions, minced gizard and liver and hardboiled eggs cut in cubes. Stuff the chicken and close the opening. Place on a plate that fits into steaming kettle, on a rack. Add 2 cups of water to kettle, cover and steam for 1 hour or less if chicken is young and tender. May be served either hot or cold.

SUKIAKI (Japanese food)

2 C chicken meat
½ C peeled shrimps
3 T shortening
½ onion (or small green onion)
3 C water
⅓ C soy sauce
1 T sugar
¼ t salt
2 heads pitchay

Heat the shortening and fry together the chicken which has been sliced thin and the shrimps. Cook 5 minutes, then add sliced onion and sugar. Cook 2 minutes. Add water and soy sauce. When it boils add cut pitchay; let it come to a boil again and serve very hot with rice.

VENISON

Meat from a freshly killed deer should be kept in a cool place 1 to 2 weeks, if possible, or may be frozen in an electric refrigerator.

1 K deer meat
½ C flour
salt & pepper
2 sliced onions
4 T shortening
1 C water

Wipe meat with a damp cloth; roll in flour and season with salt and pepper. Brown on all sides in hot shortening. Add sliced onions if desired. Add water, cover tightly and simmer 1½ hours. Add more water if necessary.

SALAD

AVOCADO SALAD

2 ripe avocados
1 C mayonnaise
2 T catsup
1 hardboiled egg, chopped
1 T chopped pickle
1 t minced onion

Peel avocados and cut into wedges. Combine remaining ingredients and place in tiny bowl on center of plate. Surround with wedges of avocado on lettuce leaves.

BAMBOO SHOOT SALAD

1 C cooked bamboo shoot
1 t ginger root, minced
1 onion, sliced
3 T vinegar
½ t salt
1 t sugar
few grains pepper

Combine bamboo shoot which has been cut into shreds, onion and minced ginger. Mix vinegar, salt, sugar and pepper; pour over bamboo shoot. Let marinate for one hour before serving.

BANANA BLOSSOM SALAD

2 banana blossoms
2 T patis
1 T vinegar
½ onion, chopped
3 cloves garlic
3 slices ginger root
2 ripe tomatoes

Peel the banana blossoms and boil until tender. Drain, chop fine and squeeze out the juice. Cook together the patis, vinegar, onion, garlic and ginger, for 1 minute. Mix with the banana blossom. Decorate the salad with sliced ripe tomatoes. Serves 6.

CAMOTE-TOP SALAD

6 large tomatoes
6 scallions
1 clove garlic, minced
1 t minced ginger
1 T vinegar
3 T patis
camote-tops

Drop the camote leaves into boiling salted water and cook for about 2 minutes. Cool. Cut the tomatoes in fairly large pieces and the scallion into 1 inch lengths. Arrange on the cooked greens. Mix the garlic, ginger, vinegar and patis, and pour over the salad.

CASAVA OR BANGALA SALAD

2 T shortening
1 onion, sliced
1 C chicken meat, cut thin
1 C shrimp, peeled
1 T salt
½ C vinegar
1 t sugar
½ t salt, and pepper
3 C cooked casava or bangala

Melt the shortening and add onion and chicken meat (other meat may be substituted). When the meat is about half cooked add the shrimp and salt. Cook until meat is done.

Cut the cooked casava into cubes, add to the chicken and cook three minutes more. Cool.

Mix the vinegar, sugar, salt, and pepper well, and pour into cold casava mixture. Serve on lettuce or pechay leaves, and garnish with sliced onion and hardboiled egg, if desired.

CHICKEN SALAD

3 C cubed, cooked chicken
1½ C diced celery
1 t salt
3 hardboiled eggs
½ t grated onion
mayonnaise

Combine chicken, celery salt, eggs quartered, and onion. Moisten with mayonnaise; serve on lettuce leaves garnished with additional hardboiled eggs, sliced. Serves 8.

EGGPLANT SALAD

6 small eggplants
1 t ginger root; minced
1½ t salt
½ C thick coconut milk
1 sliced onion
1 T vinegar

Roast the eggplant or boil, remove skins and steams and cut into serving pieces. Mix together the coconut milk and seasonings and add to eggplant. Serve cold.

GREEN BEAN SALAD

2 C green beans sliced diagonally
4 or 5 scallions
2 T soy sauce
black pepper

Cook the beans in salted water to cover, just until

tender, then drain. Scald the scallions and cut into pieces one inch long. Mix together the beans, scallions and soy sauce. Place in serving dish and sprinkle with ground black pepper. May be decorated with sliced tomatoes.

MACARONI SALAD

1 C boiled macaroni
1 C pineapple
1 C mayonnaise

Cut macaroni into pieces about 1-inch long; cut pineapples into small pieces. Combine macaroni and pineaple; add mayonnaise and mix well.

PAPAYA SALAD

1 C grated green papaya
1 onion, sliced
1 green pepper, sliced
1 sweet red pepper, sliced
¼ C vinegar
¾ t salt
1 t sugar
pepper
1 t ginger root, minced

Squeeze excess juice from papaya; combine with all the vegetables. Make a dressing of the vinegar, salt, sugar and pepper and pour over papaya.

POTATO SALAD

1 C hot boiled potatoes
1 C olive oil
1 T vinegar
1 C minced onion
3 radishes
3 ripe tomatoes
1 onion, sliced
1 t salt

Cut the potatoes into cubes; Pour over the olive oil and vinegar which have been mixed as a dressing. Add the minced onion and salt. Mix thoroughly. Heap the salad in a dish and garnish with radishes, tomatoes and sliced onions.

RED BEAN SALAD

1 C dried red beans
3 T salad oil
3 T vinegar
½ t salt
few grains pepper
1 t sugar
2 t minced onion
4 eggs, hardboiled
onion rings

Cook red beans, which have bean soaked in water over night, until tender. Mix salad oil, vinegar, salt and pepper, sugar and minced onion. Pour dressing on red beans and mix well. Decorate salad with quartered hardboiled eggs and onion rings.

YOUNG JACKFRUIT SALAD

1 medium young jackfruit
1½ C thick coconut milk
5 large tomatoes
5 green onions, minced
4 cloves garlic, minced
2 T vinegar
patis & white pepper

Cook the jackfruit until tender; remove seeds. Add tomatoes, green onions, garlic and vinegar to the coconut milk. Pour over the cooked jackfruit and mix well. Arrange on a platter.

FRENCH DRESSING

1 t sugar
½ t salt
1 t prepared mustard
½ t paprika
4 T vinegar
4 T lemon juice
½ C salad oil

Mix sugar and salt with mustard; add paprika. Add vinegar and lemon juice and pour into a bottle. Add salad oil and shake well. Always shake before using. Makes ¾ cup.

COOKED MAYONNAISE

2 t margarine
2 T flour
½ C water
1 t prepared mustard
½ t salt
¼ t paprika
1 egg yolk
1 T lemon juice
½ C salad oil

Make a white sauce of the margarine, flour and water, cooking until thick. Combine remaining ingredients and beat with a rotary beater. Add white sauce to egg mixture and beat rapidly. Makes 1½ cups.

COOKED SALAD DRESSING

2 T sugar
1 salt
2 T flour
1 egg, slightly beaten
2 t prepared mustard
¾ C milk
¼ C vinegar
1 T margarine

Mix dry ingredients. Add mustard to egg and mix smooth; add milk. Add to dry ingredients and cook over hot water until thick, stirring constantly. Add vinegar and margarine; mix well and cool. Makes 1½ cups.

MAYONNAISE

1 t salt
¼ t paprika
1 t prepared mustard
2 egg yolks
2 T vinegar
2 C salad oil
2 T lemon juice
1 T hot water

Add salt and paprika to mustard and mix well. Add egg yolks and blend; add vinegar and mix well. Add salad oil 1 teaspoon at a time, beating with a rotary beater, until ¼ cup has bean added. Add remaining salad oil in increasing amounts, alternating last ½ cup with lemon juice. Add hot water; this takes away oily appearance. Makes 2 cups.

SALAD DRESSING

1 clove garlic
1 hot red pepper
1 t salt
black pepper
½ t paprika
1 t prepared mustard
6 T lemon juice
6 T vinegar
½ C salad oil

Mash the garlic with the salt. Add the hot pepper and pound slightly; remove. Add black pepper and paprika to salt. Add prepared mustard, and mix well. Add lemon juice a little at a time, then add vinegar. Combine with salad oil and shake well. Makes 1¼ cups.

MISCELLANEOUS

ARROZ DE VALENCIANA

½ K rice (malagkit)
1 chicken
½ K pork
1 C peeled shrimp
1 large onion
4 cloves garlic
1 can peas
1 can sweet peppers or pimento
2 eggs, hardboiled
1 bundle native onions
salt & pepper to taste
4 tomatoes, cut
4 T lard

Boil or steam the rice. Boil the chicken until tender, then trip the meat from the bones into small pieces. Cut the pork into small pieces.

Saute the garlic, onion and tomatoes; add the chicken, pork and shrimp and cook, covered, for about 5 minutes. Mix in the cooked rice and stir well. Season to taste. Add the peas.

Place on a platter and decorate with the sweet peppers, eggs cut in pieces and the peeled native onions.

PANCIT

1 lb. noodles
1 C pork
1 C chicken
½ C shrimps, peeled
2 T lard
salt to taste
½ onion, sliced
2 cloves garlic, sliced
1 C pechay or cabbage
2 C stock or water
1 t food seasoning
2 T soy sauce
black pepper

Saute the garlic in the lard until golden brown. Add the onions. Add the pork, chicken and shrimps and cover until meat is tender. Add the meat stock and let boil for 2 minutes. Salt to taste. Drop in the noodles, and when the mixture boils, stir lightly. Add the vegetable shredded, and when it is wilted, remove from the heat. Add the soy sauce, food seasoning and black pepper. Mix and serve.

YOUNG COCONUT PANCIT

1 medium-sized chicken
½ onion, sliced
2 cloves garlic, sliced
4 T lard
1 C peeled shrimps
2 Chinese sausages, sliced
4 C young coconut, shredded
salt to taste

Dress and boil the chicken until tender. Remove the meat from the bones and shred it. Save the soup. Saute the garlic and onion in the fat, add the sausage, then shrimps and chicken. Allow to simmer for a few minutes. Add the coconut meat and cover. In four minutes add a little soup and salt to taste. Simmer until the coconut is tender. Serve hot.

EMPANADA

Filling	Wrapper
1 lb. pork, ground	6 C flour, sifted
3 medium potatoes, diced	1 egg
1 C shelled shrimp	1 C whole milk
1 can peas	3 T lard
2 hard boiled eggs, coarsely chopped	½ t salt
1 onion, sliced	fat for deep frying
3 cloves garlic, minced	
2 oz. seeded raisins	
salt	

Heat three tablespoons of lard and saute the garlic and onion; add the ground meat, cover and cook ten minutes. Add the potatoes and shrimp, cover again and cook until potatoes are done. Remove from fire and add remaining filling ingredients and salt to taste. Set aside.

Make a stiff dough with the flour, roll out and cut into round shapes. Fill each wrapper with one tablespoon of the filling, fold in half and press the edges with a fork. Fry the empanada in deep fat until golden brown.

PLAIN OMELET

6 eggs
⅓ C evaporated milk
¾ t salt
pepper
3 T margarine

Beat eggs slightly; add evaporated milk, salt and pepper. Heat margarine in frying pan; add eggs and cook slowly. Run spatula around edge, lifting to allow uncooked portion to flow underneath. When egg is cooked, but still shiny on top, loosen edge and fold omelet in half. Serve on warm platter.

PAKO OMELET

4 C tender pako leaves
3 cloves garlic, pounded
1 large onion, minced
3 small tomatoes
3 T shortening
salt
3 eggs, beaten
shortening

Pick over the pako leaves. Saute the garlic, onion and tomatoes in hot shortening; add the pako and cook over medium heat until wilted. Season with salt and let cool. Beat the eggs until thick, then add the vegetable mixture. Fry in a pan over medium heat. Serve on a hot platter.

VEGETABLE OMELET

6 eggs
¾ t salt
6 T water
3 T onion chopped
3 small tomatoes
few grains pepper
2 T margarine

Beat eggs slightly; add salt and pepper. Add the water; mix well. Add the vegetables which have been well chopped. Melt the margarine in frying pan. Add the egg mixture. Cook over low heat, lifting edges and tipping pan so that uncooked mixture flows under cooked mixture. When mixture is set and pale brown, fold over and remove to hot platter.

MANGO BUTTER

Pare the mangoes and mash the flesh. Strain through a sieve.

To each cup of strained pulp add one-half cup of sugar. Boil until thick, stirring constantly to avoid scorching. Pour into glass jars and cool.

ORANGE MARMALADE

5 medium-sized orange
1½ C water
¼ t soda
6 C sugar

Remove orange peels; cut off white portion. Shred peels very fine. Add soda and water; heat to boiling; cover and cook slowly 10 minutes. Remove white skin of peeled fruit and cut sections away from membrane, catching all juice. Combine pulp, juice and cooked peels; cover and cook slowly for 20 minutes. Measure 3 cups; add sugar and heat to boiling; cook 5 minutes. Remove from heat; stir and skim 5 minutes. Seal in hot sterilized glasses.

PAPAYA AND PINEAPPLE JAM

Pare the papaya and remove all the seeds. Pare the pineapple. Chop the fruit together.

To each cup of mixed fruit pulp add ¾ cup of sugar. Cook in a large pan over a medium flame, stirring constantly to avoid scorching. Cook until thick. Pour into glass jars and cool.

PINEAPPLE AND MANGO JAM

Pare the mangoes and scrape all the flesh from the seeds. Pare the pineapple, chop and add to the mango pulp.

To each cup of fruit pulp add ¾ C sugar. Cook in a large pan over a medium flame stirring constantly to avoid scorching. Cook until thick. Pour into glass jars and cool.

THIN WHITE SAUCE

1 T margarine
1 T flour
1 C milk
½ t salt
pepper

Melt margarine; blend in flour; gradually add milk. Cook over hot water, stirring constantly, until thick. Add salt and pepper. Cook 5 minutes, stirring occasionally.

MEDIUM WHITE SAUCE

2 T margarine
2 T flour
1 C milk
½ t salt
pepper

Melt margarine; blend in flour; gradually add milk. Cook over hot water, stirring constantly, until thick. Add salt and pepper. Cook 5 minutes, stirring occasionally.

THICK WHITE SAUCE

4 T margarine
4 T flour
1 C milk
½ t salt
pepper

Melt margarine; blend in flour; gradually add milk. Cook over hot water, stirring constantly, until thick. Add salt and pepper. Cook 5 minutes more, stirring occasionally.

SOUP

BEEF SOUP

1 C beef, cubed
1 onion, diced
5 C water
5 T washed rice
salt and pepper

Brown beef well in a small amount of hot fat. Add onion and stir for a few minutes until soft, but not brown. Add water and season to taste. Add rice and simmer slowly for 40 minutes, or cook in a pressure cooker for 15 minutes.

CHICKEN SOUP

gizard and liver
of three chickens
5 C water
½ C chopped green onions
1 C evaporated milk
salt

Cut gizards and livers into tiny cubes; boil in water until almost tender. Add the onions and let simmer until onion is tender. Add milk and salt to taste; bring to boiling point and serve. Serves six.

CHICKEN NOODLE SOUP

back and neck bones of chicken
6 C cold water
1 onion sliced
1 carrot, sliced
2 stalks celery
1 C uncooked noodles
salt and pepper

Simmer together the back and neck bones, onion, carrot and celery in the water. Cook for one hour. Remove meat from bones and set aside; strain soup and return broth to stove. When boiling again, add noodles and cook until tender; add chicken meat which has been shredded, and season with salt and pepper. Serves 4.

CHINESE SHRIMP AND CABBAGE

½ C cleaned shrimp
1 large head cabbage
¼ C soy sauce
4 C water
salt and pepper

Wash cabbage and shred. Boil shrimp in water for 5 minutes. Add cabbage and cook until tender, about 5 minutes. Add soy sauce and pepper, and more salt if desired.

PANCIT MOLO

Soup

1 medium-sized chicken
8 C water,
salt & pepper
2 Chinese sausages

Wrapper

3 eggs
2 T water
pinch of salt
flour to form stiff dough

Filling

½ C ground pork
½ C shelled shrimp
2 eggs, beaten
2 T cornstarch
salt & pepper
1 head garlic, minced

Boil chicken in water, seasoned, until tender. Remove meat from bones and shred; set aside.

Make wrappers by adding water and salt to beaten eggs, then flour to form a stiff dough. Knead until smooth and elastic; roll on a floured board until thin as paper. Cut into strips 3-inches wide, then into triangles.

Make the filling by mixing all ingredients thoroughly. Wrap a little of this mixture inside each triangle of pastry and set aside.

Bring the soup in which the chicken was cooked to a boil again; add the shredded chicken meat and the Chinese sausages which have been sliced. Drop the wrapped meat into the boiling soup and continue cooking for 15 minutes. Serve hot.

VEGETABLES

PORK AND BEANS

2 C dried white beans
1 t lard
½ C cooked pork, cubed
1 T brown sugar
1 t salt
½ C tomato sauce
1½ C water

Soak the beans, overnight and boil until tender. Grease the bottom of a heavy kettle with the lard, then add pork and stir over low heat. Add tomato sauce, salt and cooked beans. Sprinkle the brown sugar over the beans, then add water and bring to a boil. Reduce heat and continue cooking until water is absorbed.

CABBAGE

2 T shortening
2 T chopped onion
3 tomatoes, chopped
3 C shredded cabbage
½ t salt
1 C hot water

Cook onion in shortening until soft; add tomatoes and continue cooking. Add cabbage, salt and hot water; cook 7 minutes, stirring occasionally. Serves 4 to 6.

STIRRED CABBAGE

3 C shredded cabbage
2 T shortening
1 t salt
½ C water

Heat shortening; add cabbage and cook, stirring, for 1 minute. Add water and salt and cook, stirring occasionally for 3 minutes more.

SWEET-SOUR CABBAGE

3 T chopped onion
3 T margarine
1 t salt
3 C shredded cabbage
3 T sugar
¼ C vinegar
½ C hot water

Cook onion in margarine until soft; add cabbage, hot water, sugar, salt and vinegar. Cook slowly, stirring occasionally, for 7 minutes. Serves 4 to 6.

CREOLE GREEN BEANS

2 C sliced green beans
1 T onion, chopped
½ t salt
2 T shortening
6 medium-sized tomatoes, chopped

Cook beans in boiling salted water until cooked but not overdone. Cook onion in shortening until soft; add tomatoes and continue cooking for 3 minutes more. Add salt and drained beans. Cook until thoroughly heated, stirring often. Serves 4 to 6.

STIRRED GREEN BEANS

2 C sliced green beans
2 T shortening
¾ t salt
½ C water

Heat shortening; add green beans and cook, stirring, for about 1 minute. Add water and salt and cook, covered for about 8 minutes. Remove cover and cook, stirring frequently for about 5 minutes or until water is evaporated.

CORN-ON-THE-COB

6 ears of young corn
salted water to cover

Remove husks from fresh, young corn. Remove silk, and wash. Cook, covered in boiling salted water for 6-12 minutes, depending on age of corn.

CORN WITH BACON

2 C corn, cut from the cob
4 T minced bacon
¼ C chopped onion
3 T margarine
salt and pepper
¼ C sliced green pepper

Fry bacon until crisp; remove from pan. Cook onion in bacon fat until soft, stirring constantly. Add margarine, then corn and cook, covered, about 15 minutes. Season with salt and pepper; add bacon and green pepper, cook 3 minutes more.

CREOLE CORN

2 C corn, cut from the cob
¼ C chopped onion
¼ chopped green pepper
3 T margarine
1 C chopped tomatoes
salt and pepper

Cook onion in margarine until soft; add tomatoes and corn and cook, covered, about 15 minutes. Add green pepper, salt and pepper; cook 3 minutes more.

CREOLE EGGPLANT

6 small eggplants
2 T chopped onion
2 T chopped green pepper
6 chopped tomatoes
½ C water
salt and pepper
3 T shortening

Wash eggplant and slice ½-inch thick. Cook onion in hot shortening until soft, add remaining ingredients and cook until eggplant is done, about 8 minutes.

FRENCH FRIED EGGPLANT

6 small eggplants
1 egg, beaten
4 T water
4 T flour
1 t salt
fat for deep frying

Pare and cut eggplants into strips ½-inch by 2 inchs. Make a batter of the egg, water, salt and flour. Dip eggplant strips into batter and fry slowly in hot fat until crisp and brown. Drain well. Serves 4.

FRIED EGGPLANT

6 medium sized eggplants
1 t salt
4 eggs
4 T lard

Roast eggplants (or they may be par-boiled). Drop into cold water immediately. Peel and quarter. Beat the eggs with the salt. Dip the eggplant into the egg and fry in hot lard. Serve hot.

STIRRED PECHAY

6 heads pechay
3 T shortening
1 t salt
½ C water

Wash pechay well and cut leaves into 1-inch sections, separating the white stems from the green leaves. Heat the shortening; add the stems and cook, stirring, for 1 minute; add salt and water. Cover pan and cook for 3 minutes. Add the leaves, cover and cook for 2 minutes more.

PECHAY WITH TOMATO

6 heads of pechay
3 T shortening
2 T chopped onion
1 clove garlic, minced
4 small tomatoes, chopped
1 t salt
½ C water

Cook garlic and onion in hot shortening until soft but not brown. Meanwhile wash pechay and cut into 1-inch sections, separating leaves and stems. Add stems to cooking onion; add tomatoes and cook, stirring, for 1 minute. Add salt and water; cover and cook for 3 minutes. Add leaves and cook for 2 minutes more.

RED BEANS WITH HAM

1 lb. red beans
3 large onions, quartered
2 large green peppers, quartered
2 C canned tomatoes
1 clove garlic
½ lb. ham, cubed
1 qt. boiling water
1 T salt

Pick over the beans and soak over-night in plenty of water. Drain and rinse. Add remaining ingredients and cook until beans are tender. Add more water if necessary. Serve hot with freshly boiled rice.

SAYOTE FRITTERS

3 C grated & peeled sayote
½ C water
1 t salt
¼ t ground black pepper
1 onion, chopped
3 eggs, beaten
fat for deep frying

Boil the grated sayote in water until tender; drain. Add salt & pepper, chopped onion and beaten eggs. Drop by spoonfuls into deep hot fat and fry until brown. Drain on absorbent paper.

SQUASH WITH COCONUT MILK

½ medium yellow squash
1 medium ginger root
1 t salt
2 cloves garlic
1 medium onion, chopped
1½ C thin coconut milk
1 C thick coconut milk

Pare squash and cut in 1-inch pieces. Crush ginger root and garlic. Cook squash in the thin coconut milk with the garlic, ginger and salt until squash is tender. Add the thick coconut milk, heat again and serve.

BAKED SQUASH

1 small yellow squash
salt and pepper
margarine

Wash squash well and cut into pieces about 2" by 3". Do not pare. Bake in greased baking dish cut side down for 30 minutes. Turn over, sprinkle with salt and pepper, add lump of margarine on each piece, and continue baking 30 minutes or until squash is tender and lightly browned.

STIRRED WHITE SQUASH

3 C white squash, cubed
3 T shortening
2 T chopped onion
1 clove garlic
4 tomatoes, chopped
1 t salt

Cook the garlic and onion in the shortening until soft; add the tomatoes. Add the squash and cook, stirring frequently until tender. Season with salt. Do not add water.

WHITE SQUASH, CHINESE STYLE

1 K white squash
3 T shortening
2 T soy sauce
1 t salt
¼ t black pepper
½ C water

Wash the squash. Cut into quarters and slice very thin, about ¼ inch thick. Heat the shortening in a skillet; add the squash and stir for 2 minutes. Add the soy sauce, salt, pepper and water and stir for 5 minutes more. Thin slices of pork may be added if desired.

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